



# News Release

**For immediate release:** September 28, 2011

(11-145)

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## **Chronic disease prevention gets boost in WA with \$3.2 million federal grant**

*Community transformation grant to focus on counties at high risk*

**OLYMPIA** — A federal grant will help Washington find community solutions to chronic disease in counties where people are at high risk for heart disease, stroke, diabetes, and cancer. The Washington State Department of Health has been awarded \$3.2 million from the Department of Health and Human Services (HHS) to reduce chronic disease and control health care costs.

“The rising cost of health care is a concern for all of us, especially regarding serious, long term illnesses that often hit our most vulnerable residents hardest,” said Governor Chris Gregoire.

“This grant will help in our work to increase access to health care in at-risk communities, using prevention strategies that will save us money on chronic disease treatment down the road.”

The federal Community Transformation Grant is part of \$103 million HHS is awarding to states and communities to help reduce chronic diseases, promote healthier lifestyles, reduce health disparities, and control health care spending.

“Chronic diseases are among the most common health problems in the country and in our state, and some of the most costly, too,” said Secretary of Health Mary Selecky. “Yet they’re among the most preventable diseases, so it’s vital that we find community solutions to help improve everyone’s health, improve access to needed care, and reach our most vulnerable.”

Overall, HHS expects to reach more than 120 million Americans through grant-supported projects. Funds are awarded to state and local government agencies, tribes and territories, and state and local non-profit organizations. The Department of Health received a grant to support local projects in 11 Washington Counties: Clark, Cowlitz, Grant, Grays Harbor, Kitsap, Lewis, Skagit, Spokane, Thurston, Whatcom, and Yakima.

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The Community Transformation Grants will support state and community projects proven to reduce chronic diseases in three priority areas: tobacco-free living; active living and healthy eating; and preventive screenings — primarily those that help prevent or control high blood pressure and high cholesterol.

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